Physical Activity and Medications

Beta-blockers *(propanolol, atenolol, metoprolol, sotalol, carvedilol)* may limit the heart's ability to beat faster in response to exercise. This may result in difficulty catching your breath, tiredness, and sore muscles.

Solutions:
- Increase your warm-up and cool-down time.
- Reduce how hard you are exercising, but increase the time you spend exercising.
- Ask your healthcare provider if you can take a different drug or a smaller amount.

Steroids *(prednisone, dexamethasone, hydrocortisone, methylprednisolone, fludrocortisone)* may cause:
- Loss of muscle mass leading to weakness and poor endurance.
- Mood swings, which could affect your motivation to be active.

Solutions:
- Start slowly and gradually increase physical activity.
- Think positively. Call on friends and family to help keep you motivated.
- Ask your healthcare provider if you can take a different drug or a smaller amount.

Physical Activity and Medications

Thyroid replacement medication *(levothyroxine (Synthroid™))*
may limit your ability to exercise if you take too much or too little medicine.

Solution:
- Ask your healthcare provider to check your thyroid level to make sure you are taking the right amount of the medicine.

Diabetes Medications *(insulin, metformin, glyburide, glipizide, rosiglitazone)* Exercise naturally causes your blood sugar to go down. In some cases, exercise combined with your regular diabetes medications could result in dangerously low blood sugars. Symptoms of low blood sugar include shakiness; feeling lightheaded, weak, or confused; or extreme hunger.

Solutions:
- Monitor your blood sugar with your glucose meter when you begin a new program of physical activity or when you increase how hard or how long you are active.
- Don't exercise on an empty stomach. Avoid exercising too close to bedtime.
- Ask your healthcare provider for help adjusting your diabetes medications if you experience low blood sugar before, during or after exercise.